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An exploratory study of aspects related to current inpatient and nurse-led clinic management of idiopathic childhood constipation

Davina Houghton

Curtin University, Australia

Evidence relating to the viability and cost-effectiveness of Nurse-led clinics in managing idiopathic childhood constipation will be presented and discussed. A research project reviewed current hospital management, and comprised a: retrospective audit of medical notes for previous two years (Phase 1), that showed 103 children admitted for 597 days, cost \$611,925 (minimum), 29 (21%) and 18 (13%) cases received verbal and written health education respectively, and (excluding General Practitioners) multidisciplinary collaboration occurred in only two cases; and small-scale prospective survey of parents/carers (n=14) (Phase 2) that showed only two received verbal and two received written health education. Idiopathic childhood constipation is a costly, complex, multi-factorial and prevalent condition, requiring early recognition and aggressive treatment to prevent chronicity. The comprehensive literature review demonstrates that the family-centred health education, ongoing and consistent support, and multidisciplinary collaboration undertaken by community-based Nurse-led clinics make them viable in terms of benefits relating to significant improvements in managing idiopathic childhood constipation.

Biography

Davina Houghton has completed her MSc in 2013 from Curtin University in Perth Western Australia, and this is her first published paper. She is currently a Registered Children's Nurse working on a general medical and surgical paediatric ward. She is preparing to undertake her PhD and hopes to begin this new venture within the next two years.

davinah@westnet.com.au

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